

# The playoffs

## It's Redskins vs. Dolphins in Super Bowl!

**United Press International**  
The Washington Redskins and the Miami Dolphins, both victors in their semifinal playoff games, will face each other in Super Bowl XVII on Sunday.

On the tube, with all that mud and neither team being able to score until the third quarter, it might have looked like a yawner. Utterly boring. But that wasn't actually the case among the Dolphins and Jets.

The two teams, who had fought each other in the newspapers all week, continued the verbal battle on the field. But it was Miami's A. J. Duhe who let his actions speak louder than any words.

Duhe intercepted three Richard Todd passes, returning one for the Dolphins' first score, to lead Miami into the promised land with a 14-0 victory.

The Cowboys lost their third consecutive NFC championship game on the road, this time to the Redskins, who used Dallas' turnovers and John Riggins to win, 31-17.

In the AFC game, after a relatively uneventful first half, Todd attempted to throw a four-yard pass to fullback Mike Augustyniak early in the third quarter.

Duhe was beaten on the play, but Todd threw the ball behind Augustyniak and it bounced off his hands. Duhe intercepted on the Jets' 48-yard line for his first interception of the game. Seven plays later Woody Bennett scored up the middle of the Jets' defense to give Miami a 7-0 lead.

Later, with the Jets resting on their own 41-yard line, Todd tried to find Augustyniak again. Duhe again intercepted, but this time the Dolphins could not score and were forced to punt.

Then, early in the fourth quarter, Todd threw to running back Bruce Harper. Duhe inter-

cepted again, and this time ran 35 yards for a touchdown.

"It was a poor play on my part as a defensive end," Duhe, who had moved up into the end position to help the pass rush, said. "I was rushing as a defensive end trying to get upfield on (offensive tackle) Marvin Powell. It was something I'd been trying to do all day, and I wasn't having any success. Then I saw Harper come out of the backfield so I put my hands up to make Todd throw over me. I think he saw me, but he wanted to get the ball over me. He didn't."

Duhe's run-back was the longest play of the game.

Todd tied an AFC championship game record by throwing five interceptions. Duhe, who had intercepted only one pass all season before this game, set an AFC championship game record with his three interceptions.

Todd said after the game that he had two things to say.

"They played better than us," he began, "and we didn't play well at all. And if somebody else has to go to the Super Bowl, I'm glad it's them."

In the other playoff game, Cowboy quarterback Danny White turned the reins over to second-string backup Gary Hogeboom because of a first-quarter injury, and Hogeboom threw two interceptions that led to Washington touchdowns.

Hogeboom was 14 of 29 for 162 yards and two touchdowns.

Over 55,000 fans packed RFK Stadium in Washington, D.C. to witness the 'Skins beat the hated Cowboys, and it was mistakes on the Pokes' part that did them in.

The two interceptions, coupled with a Redskin recovery of a Rod Hill fumbled punt, gave Washington all the breaks it needed to put the game away.

Hill's second quarter-fumble gave the Redskins the ball at the Dallas 11-yard line, and four plays later Riggins ran it in from the one to give Washington a 14-3 lead.

Hogeboom said the blame rested with him.

"The interceptions were my fault," Hogeboom said. "On the first one, he (linebacker Mel Kaufman) made a great catch. I didn't see him. On the other one, I had to get rid of the ball because the guy (Dexter Manley) was almost right on top of me. Tony (Dorsett) was open, but there was a Washington player behind him. I was afraid if I overthrew the ball, then it

might be intercepted. Then it got tipped and intercepted anyway. It was that kind of day."

So it's the Redskins and the Dolphins in Super Bowl XVII, and what at one time appeared to be a season that would be impossible to save is now in the clear. The players strike, which wiped out 57 days of the regular season, made the Super Bowl lead-in party a somewhat subdued affair.

For Washington and Miami fans, however, settling the strike and getting on with the season was probably the best thing that could have happened, at least now that both teams made it to the Super Bowl.

But for the coaches and players, Super Bowl Sunday is still a day of work. Washington coach Joe Gibbs said Miami is a tough opponent. "They have a well-balanced team," Gibbs said. "It will take an excellent defense to win. They are talented and they have an excellent offensive scheme. They are well-coached and have a toughness about them that makes them hard to beat."

For Gibbs it was work as usual. But the Redskins' Manley had other thoughts.

"It's a great feeling. The dollars will be spent, but you can't spend the memories."

## CLASS of '85 MEETING and PICTURE

Tuesday, January 25 7:30 p.m.

MSC Main Lobby

Class picture for the Aggieldand will be taken; everyone encouraged to attend. Meeting to follow.

## STUDENT BOOK EXCHANGE

Need to pick up books  
money from sale of books

Monday, Jan. 24 thru  
Wednesday, Jan. 26  
8:30-4:00 p.m.  
MSC Room 216

If not picked up by Wed. Jan. 26, 4 p.m. all books and money to Student Government.

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# McDONALD'S INTRAMURAL HIGHLIGHTS

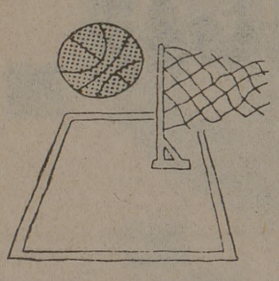


At University Drive

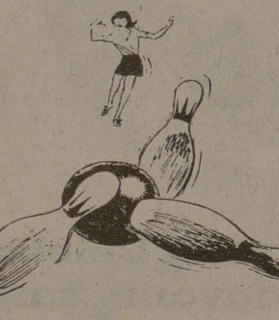
Now at Texas and S.W. Parkway

At Manor East Mall

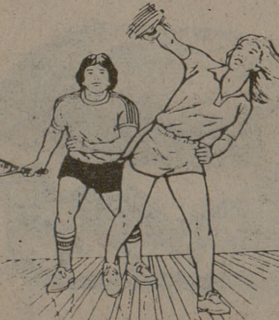
### IM GAMEPLAN



**FREE THROW CONTEST:** Entries are now being accepted in the IM-REC Sports Office, 159 East Kyle. Entries will continue to be accepted at the contest location Tuesday, February 8 at 7 p.m.-9 p.m. at G. Rollie White Coliseum-Main Floor. For further information contact Barbara Aiken, IM-REC Sports Office, 845-7826. No entry fee — it's FREE!



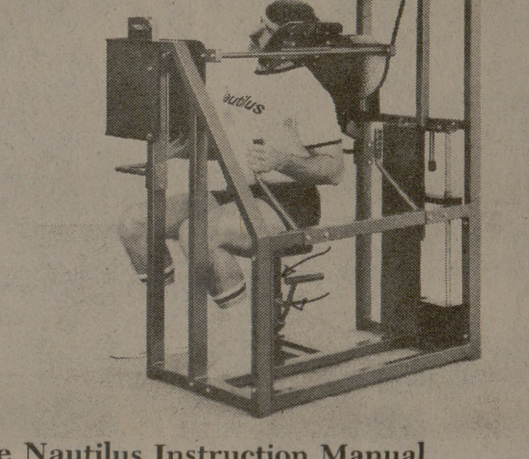
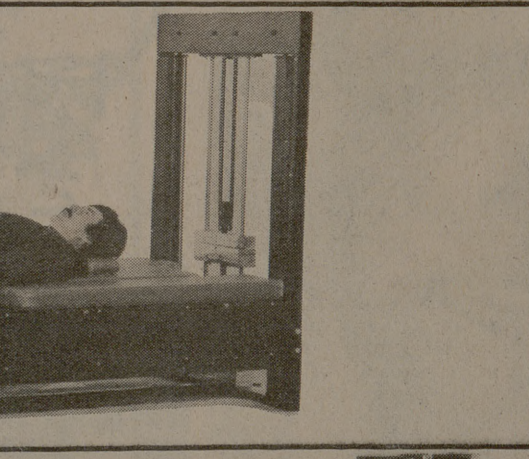
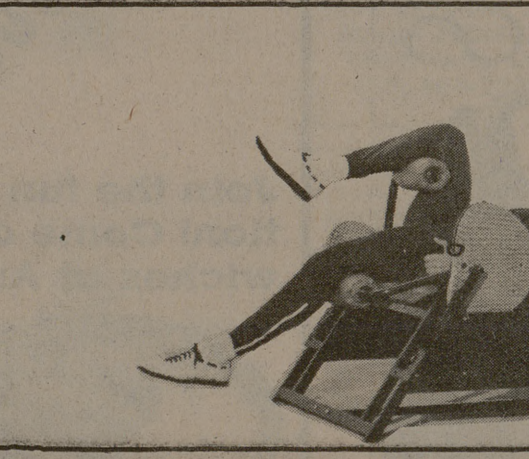
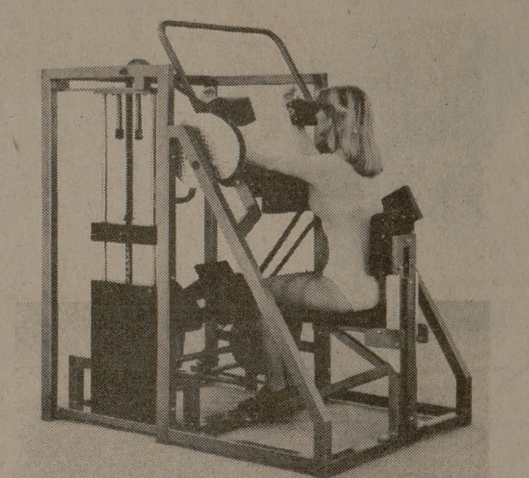
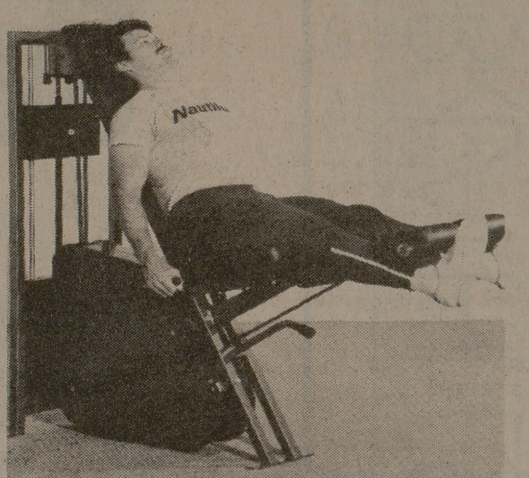
**TEAM BOWLING:** Entries open today and will remain open until 7 p.m., Tuesday February 1st. The entry fees are as follows: Classes A & B - \$18.40 (includes first three weeks of play and the first round of playoffs). Class C - \$23.00 (includes five weeks of play) and Shoes - 50¢. Four bowlers per team. CoRec team consist of two men and two women. Schedules must be picked up at the team manager's meeting on Thursday, February 3rd at 5:15 p.m. in Room 164 E. Kyle. Entries will be limited due to lack of available time and facilities so get your entry in early!!



**RACQUETBALL SINGLES:** The IM-REC Sports Office is accepting entries now through Tuesday, February 1st for the Racquetball Singles Tournament. There is no entry fee but you must supply a new can of balls and your own racquet. There will be a Faculty/Staff/Grad division available in this tournament. Schedules will be posted outside the IM-REC Sports Office Thursday, February 3rd after 2 p.m.



**WANTED: SOFTBALL UMPIRES**  
The IM-REC Sports Office is looking for students who are interested in officiating intramural softball games. Please contact Tom Weis in 159 East Kyle (845-7826). An informational meeting will be held on January 31st at 7:00 p.m. in 162 East Kyle.



These photos are taken from the Nautilus Instruction Manual.

### Machine Weightroom Update

The machine weightroom will have a new look in the Spring of 1985. Two new Nautilus machines have finally arrived which will add already finely equipped weightroom. The hours will remain the same: Monday - Friday 11 a.m.-2 p.m. and 5 p.m.-8 p.m. Saturday & Sunday 2 p.m.-5 p.m. but, a new program will be instituted starting January 27, 1983 which fully utilize the Nautilus equipment as they were designed.

As many of you already know, we have conducted a survey regarding the question of having a total Nautilus fitness program at a certain time of day. This survey revealed a slight lean towards instituting this program. Therefore, beginning in the spring semester of 1983 during the hours of 7 p.m., Monday through Friday, Nautilus machines will only be those wishing to work out on Nautilus equipment in the program. Universal and free weight equipment will still be available at all times, but no rotation from Nautilus to free weight or universal to Nautilus will be permitted. The exception to this rule will be in the case of small groups working on Nautilus and will be at the discretion of the instructors. A brief explanation of how and why Nautilus works will be given to better understand why this rotation cannot be used.

First, Nautilus must be worked in a prescribed order to receive maximum benefit. The person exercising should always work from the largest muscle groups down to the smaller muscle groups. This is why skipping a muscle in line (if it is being used) must be avoided.

Second, Nautilus machines were designed to allow 95% of the muscle to be exercised in approximately 20 minutes. Nautilus machines are not to be used for more than one set per machine. As you know, the major problem with this program has been a major problem with students being backed up to wait their turn.

Third, Nautilus provides excellent cardiovascular and muscular conditioning. The conditioning cannot be fully achieved unless you rotate from one machine to the next as rapidly as possible.

Fourth, Nautilus works on a full range of motion principle. In other words, the entire length of a muscle group is worked during a set. Exhaustion of the muscle group occurs somewhere between the 12th and 15th repetition (which is what Nautilus prescribes), then there is no need for an additional set. Major emphasis on these repetitions is form. A golden rule of thumb on Nautilus is: QUALITY NOT QUANTITY! Try to sacrifice better form on the machines for more weight. Good form on the different muscle groups and allows maximum benefit from the exercise.

A FREE CLINIC will be held Wednesday, January 26, 1983. This clinic will feature a special appearance by a qualified expert in the Nautilus Fitness Program. This clinic will begin at 7 p.m. and conclude at 8 p.m. The clinic will help you better understand the equipment and how to use it to further your personal program. Remember, the greatest benefit of this program is that everyone will receive a thorough workout without delay. Thanks for your comments and ideas and we'll look forward to seeing you in the weightroom in 1983!

**SPORTS CLUB ASSOCIATION**  
There will be a Sports Club Association Meeting on Monday, January 24 at 7 p.m. in 167 East Kyle.

McDonald's® Intramural Highlights is sponsored each Monday by your local McDonald's® Restaurants at University Drive, Manor East Mall and on Texas Avenue. Stories are provided by members of the Intramural Department Staff. Photos are by Tom Davies.